



ILLUSTRATION: JEANNIE PHAN

Learning in Motion

Here are the Top 10 strategies you use to help safely incorporate more healthy physical activity into your students' days, courtesy of our latest poll.

1. Incorporate movement-based games like Charades into lessons.
2. Encourage regular standing and stretching breaks.
3. Take lessons outside so students have space to move while they learn.
4. Use a "gallery walk" strategy to have students move around the room and review materials.
5. Take dance breaks.
6. Do a 10-minute workout. (Outside, if possible!)
7. Add walks through hallways or outside during the day.
8. Offer extra recess time as a reward.
9. Develop a scavenger hunt with clues about the day's activity.
10. Begin the day with a mindfulness minute or meditation.